

CLAIMS

1. A home trainer designed to accommodate a bicycle,
 5 comprising a brakable drive roll incorporated in a frame,
 which can be mounted in a friction coupling with a driven
 wheel of the bicycle, **characterized** in that on the frame (1)
 a sub-frame (7) is provided that is rotatable about a first
 pivoting point (6), the drive roll (5) being mounted in the
 10 sub-frame (7), and in that the frame (1) is further provided
 with a handle (9) rotatable about a second pivoting point
 (8), which is adjustable between an operational position
 (Fig. 2) wherein the handle (9) pushes the sub-frame (7)
 15 towards the wheel (4) such that the drive roll (5) and the
 wheel (4) maintain the friction coupling, and a neutral
 position (Fig. 1) wherein the handle releases the sub-frame
 (7) such that the drive roll (5) and the wheel (4) do not
 engage.

2. A home trainer according to claim 1, **characterized**
 20 in that the handle (9) is provided with an adjustable tuning
 knob (10) for determining the position of the sub-frame (7)
 in the operational position (Fig. 2).

3. A home trainer according to claim 1 or 2,
characterized in that at the side directed towards the sub-
 25 frame (7), the tuning knob (10) is provided with a bush (11),
 and in that the sub-frame (7) has a sliding rim (12) designed
 to intermate with the bush (11), the sliding rim (12)
 terminating in a recess (13) which, when the bush is placed
 therein, determines the operational position (Fig. 2) of the
 30 handle (9).

4. A home trainer according to one of the preceding
 claims, **characterized** in that the drive roll (5) is coupled
 with a flywheel (14) that conducts at least partially
 magnetic lines of flux, and in that further a position-
 35 adjustable magnet (15) is provided which is located near the
 flywheel (14).

5. A home trainer according to claim 4, **characterized**
 in that the magnet (15) is adjustable to a position between a

neutral position near a pivoting point of the flywheel (14) and a maximal brake position near the outer circumference (14') of the flywheel (14).

6. A home trainer according to one of the claims 4-5,
5 **characterized** in that the flywheel is provided with recesses (18) preferably over a periphery located near the neutral position of the magnet (15).

7. A home trainer according to one of the claims 4-6,
characterized in that the flywheel comprises an aluminium
10 disc (19) and in that the remainder of the flywheel (14) is substantially made of steel.

8. A home trainer according to one of the claims 4-7,
characterized in that the magnet is coupled with a spring-loaded cable (16) and that the magnet (15) is adjustable by
15 operating the cable (15).